

Designing Interventions Using the Stages of Change: Contemplation

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The Process of Change model
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Stage of Change: Contemplation

The person is considering the possibility of change, acknowledges concerns about target behavior, but is ambivalent and uncertain about change. The person is planning to take action in the next 6 months.

Stage-specific task: *To examine the impact of the target behavior and to consider the pros and cons in order to tip the decisional balance in favor of a commitment to change the target behavior.*

Contemplation **Stage-Specific Characteristic**

Stability	MODERATE
Commitment to change	MODERATE
Self-Efficacy/Confidence	LOW/MOD
Temptation	HIGH
Help Seeking	MODERATE
Information Seeking	HIGH
Decisional Balance	
<i>Pros for change</i>	MANY
<i>Cons for change</i>	MANY

In order to Transition from Contemplation:

Decisional balance shifts in favor of change and commitment is made to change behavior

Stage-Specific Processes of Change

Self-Reevaluation: *Assessing and exploring one's self-image in relation to the target behavior in order to create dissonance towards the target behavior*

Environmental Reevaluation: *Recognition of the impact of the target behavior on others, the risks of continuing behavior vs. the reward/benefits of changing the behavior*

Social Liberation: *Identifying how others support and encourage change of behavior*

Stage-Specific Motivational Strategies

- Normalize and explore ambivalence associated with target behavior
- Assist the person to "tip the decisional balance" in favor of change by:
 - Eliciting and weighing the pros and cons of the target behavior and change
 - Changing focus from extrinsic motivation to intrinsic motivation
 - Examining personal values in relation to change and target behavior
 - Emphasizing free choice, self-determination, responsibility and self-efficacy for change
- Elicit self-motivational statements of intent and commitment to change and ideas for change
- Elicit beliefs, attitudes and expectations regarding the person's self-efficacy/confidence for change and treatment
- Summarize, reflect and emphasize self-motivational statements as the focus of treatment
- Develop discrepancies between values/goals/hopes for the future and current situation and behaviors

Stage-Specific Interventions

- Decisional balance exercises, exploring pros and cons of target behavior, values and needs clarification, imagery, corrective emotional experiences, challenging beliefs and attitudes, cognitive restructuring and role clarification

Sources: Information adapted from TIP 35: Enhancing Motivation for Change, KAP KEYS TIP 35, DiClemente (2003) *Addiction & Change*, and Prochaska, et al. (1994) *Changing for Good*.